

April 2016

## PRACTICE

Training sessions  
Workshops  
IN ENGLISH

Apply by 20 April 2016  
Contact: justyna@grotowski-institute.art.pl  
For detailed information on how to apply for the workshops, visit the website of the Grotowski Institute.

10:00–12:15 | 12:30–14:45 | **Esprit Yamak: L'Art Du Déplacement** | **Laurent Piemontesi** | Assisted by **Simone Bicorgna, Diana Bruno, Yohann Bassez** | ► Outdoor public spaces  
You can attend one practice or a whole-day session.

17:00–19:00 | **Two Paths Studio** | **Jakub Gontarski** | The Grotowski Institute • Laboratory Theatre Space  
One-day training sessions

17:00–19:00 | **Two Paths Studio** | **Przemysław Błaszczak** | The Grotowski Institute • Na Grobli Studio (Studio Space)  
One-day training sessions

## SEMINAR

Discussions  
Lectures  
Film screenings  
Work demonstrations

In English with  
Polish translation  
Admission free

17:00–19:30 | WORK  
DEMONSTRATIONS  
**Kokyu Ho: Practice of the Breath** | **Przemysław Błaszczak** (Two Paths Studio)  
**The Critical Point** | **Jakub Gontarski** (Two Paths Studio)  
The Grotowski Institute • Na Grobli Studio (Studio Space)  
In Polish with English translation

20:00 | EXHIBITION OPENING  
**BodyConstitution 2014–2016**  
| The opening of the exhibition of photography, featuring a work demonstration by Studio Kalari  
► Barbara: infopunkt, kawiarnia, kultura, ul. Świdnicka 8c

9:00–13:00 | **Tomoe Butō Method** | **Kagaya Sanae, Amano Uzumi** (Tomoe Shizune & Hakutobo) | The Grotowski Institute • Studio Na Grobli (ZARzone)

10:00–12:30 | **Aikido – Enemy as a Partner** | **Piotr Masztalerz** | Guest: **Tsuruzo Miyamoto Shihan** | ► Wrocław Aikikai Dojo, ul. Hubska 20

10:00–12:30 | **Kalarippayattu** | **Sathyanarayanan Govindan Kutty Nair** | Assisted by **Rajasekharan Nair Nagappan Nair, Raam Kumar Ravikumar** | The Grotowski Institute • Na Grobli Studio (Studio Space)

10:00–13:00 | **Capoeira** | **Mestre Cobra Mansa** | The Grotowski Institute • Laboratory Theatre Space

15:30–17:30 | DISCUSSIONS with invited guests | **BodyPedia** | Hosted by **Jarosław Fret** and **Małgorzata Jabłońska** | The Grotowski Institute • Na Grobli Studio (Studio Space)

| Centre |  
**Mestre Cobra Mansa, Sathyanarayanan Govindan Kutty Nair, Iwona Olszowska, Piotr Masztalerz**

| Old age |  
**Piotr Bursiewicz, Savvas Stroumpos, Richard Shusterman, Mirosław Kocur**

| The actor's dramaturgy |  
**Tomasz Kubikowski, Wojciech Baluch**

18:00–19:30 | WORK  
DEMONSTRATION  
**L'Art Du Déplacement: A New Dialogue Between Man and City** | **Laurent Piemontesi**  
The Grotowski Institute • Na Grobli Studio (Studio Space)

17:45–19:15 | WORK  
DEMONSTRATION  
**Contradictions: Getting Out of the Box** | **Studio Matejka**  
The Grotowski Institute • Na Grobli Studio (Studio Space)

20:00–22:30 | WORK  
DEMONSTRATION | **Jogo de Corpo – Capoeira: the Body, Rhythm and Ancestry** | **Mestre Cobra Mansa** | Work demonstration and a screening of the documentary **Body Games: Capoeira and Ancestry** (with English subtitles)  
The Grotowski Institute • Na Grobli Studio (Studio Space)

17:45–19:15 | WORK  
DEMONSTRATION  
**Ancient Keralite Tradition of Martial Art and Physical Culture** | **Sathyanarayanan Govindan Kutty Nair** | Assisted by **Rajasekharan Nair Nagappan Nair, Raam Kumar Ravikumar**  
The Grotowski Institute • Na Grobli Studio (Studio Space)

20:00–22:00 | SCREENING OF  
PERFORMANCE BY **YVES LEBRETON**  
**Exile** | Introduced by **Yves Lebreton**  
The Grotowski Institute • Na Grobli Studio (Studio Space)  
In French with English and Polish translation

9:00–13:00 | **Fighting Monkey – Earthquake Architecture** | **Jozef Fucek**  
The Grotowski Institute • Na Grobli Studio (Studio Space)

9:00–13:00 | **The Method of Theodoros Terzopoulos** | **Savvas Stroumpos** (Attis Theatre)  
The Grotowski Institute • Laboratory Theatre Space

9:00–13:00 | **Body-Energy** | **Yves Lebreton** | The Grotowski Institute • Na Grobli Studio (ZARzone)

9:30–12:30 | **Practising Somaesthetics** | **Richard Shusterman**  
The Grotowski Institute • Na Grobli Studio (Rehearsal Room)

15:30–17:00 | IN CONVERSATION  
International Dialogue on Actor Training | With invited guests: **students of PWST Wrocław** and the **Oslo National Academy of the Arts** and educators **Hanne Krohn Riege, Bogusława Sztencel-Morawska** and **Krzysztof Boczkowski**, hosted by **Jarosław Fret** | The discussion will be accompanied by the opening of the exhibition **Training, Teaching, Acting**.  
► PWST, ul. Braniborska 59 (Big Stage)

17:15–18:45 | LECTURE  
**Somaesthetic Multiculturalism** | **Richard Shusterman**  
► PWST, ul. Braniborska 59 (Big Stage)

19:30–21:00 | WORK  
DEMONSTRATION  
**Partner Contact** | **Tsuruzo Miyamoto Shihan**  
► PWST, ul. Braniborska 59 (Big Stage)  
In Japanese with English and Polish translation

21:30 | **Kyokatabira** | **Daisuke Yoshimoto** |  
► To Tu, ul. Hubska 6

15:00–16:30 | WORK  
DEMONSTRATION  
**The Method of Theodoros Terzopoulos** | **Savvas Stroumpos** (Teatr Attis)  
The Grotowski Institute • Na Grobli Studio (Studio Space)

16:45–18:15 | WORK  
DEMONSTRATION  
**Creativity through Pressure, Difficulty and Danger** | **Jozef Fucek**  
The Grotowski Institute • Na Grobli Studio (Studio Space)

18:30–20:00 | WORK  
DEMONSTRATION  
**The Corporal Theatre** | **Yves Lebreton**  
The Grotowski Institute • Na Grobli Studio (Studio Space)  
In French with English and Polish translation

20:30–23:00 | LECTURE AND  
WORK DEMONSTRATION  
**Tomoe Butō Method** | **Tomoe Shizune & Hakutobo**  
The lecture and work demonstration will be followed by a screening of documentary footage about the group.  
The Grotowski Institute • Na Grobli Studio (Studio Space)  
In Japanese with English and Polish translation

14:30–16:00 | LECTURE  
**Progressive Tests as a Form of Assessing the Impact of Exercises on the Human Musculoskeletal System** | **Piotr Bursiewicz**  
The Grotowski Institute • Na Grobli Studio (Studio Space)  
In Polish with English translation

16:15–17:45 | PROJECT  
PRESENTATION | **Unlocking Jubilo** | Project developed in Penitentiary No 1 in Wrocław  
The Grotowski Institute • Na Grobli Studio (Studio Space)

18:00–19:30 | WORK  
DEMONSTRATION | **Intersecting Planes: Hypotheses** | **Teatr ZAR** | Hosted by **Jarosław Fret**  
The Grotowski Institute • Na Grobli Studio (Studio Space)

20:30 | **Kanzan from Renyo-sho: Far From the Lotus** | **Tomoe Shizune & Hakutobo**  
► Dworzec Świebodzki pl. Orłąt Lwowskich 20b

# BodyCONSTiTuTION

## PERFORMANCES

Admission: 20 PLN  
Bookings and tickets:  
sekretariat@grotowski-institute.art.pl  
Tel. 71 34 45 320

21:30 | **Caesarean Section: Essays on Suicide** | **Teatr ZAR**  
► Dworzec Świebodzki, pl. Orłąt Lwowskich 20b

21:00 | **Caesarean Section: Essays on Suicide** | **Teatr ZAR**  
► Dworzec Świebodzki, pl. Orłąt Lwowskich 20b

## EXHIBITIONS

Admission free

4–21 April 2016 | MON–SUN 8:00–20:00

BodyConstitution 2014–2016 | Exhibition of photographs documenting the project BodyConstitution: Intercultural Dialogue on Actor Training – a series of work sessions, academies and seminars with drama schools students from Poland and Norway

The opening of the exhibition, which will be held on 4 April at 8pm, will include a work demonstration by Studio Kalari

► Barbara: infopunkt, kawiarnia, kultura, ul. Świdnicka 8c

4–30 April 2016 | MON–FRI 10:00–18:00

Training, Teaching, Acting (Trening, aktorstwo, nauczanie/Trening, skuespille-rarbeid, og undervisning) | Exhibition of photographs documenting the events involving **drama students of PWST in Kraków, Branch in Wrocław, and the Oslo National Academy of the Arts**, held in 2014–2016 as part of the BodyConstitution programme.

► PWST, ul. Braniborska 59 (Foyer)

## Body↗CONSTITUTION

- ↗ is a programme of research in practice at the Grotowski Institute,
- ↗ is the year-round work of a number of studios set up to analyse in practice various physical traditions and to incorporate their principles into performer training,
- ↗ is a programme of practical seminars, open workshops and work demonstrations,
- ↗ is a platform for conscious, consistent and responsible work on the body through the creation of a 'lexicon' of analysis and description of movement techniques and practices
- ↗ combines action and reflection to build a deep body culture.

Since January 2014 the BodyConstitution project has engaged students and teachers of PWST in Kraków, Branch in Wrocław, and the Oslo National Academy of the Arts in training and workshops held as part of summer and winter academies as well as in workshops and practical seminars in Wrocław and Oslo. This year's seminar, organised as part of the theatre programme of the European Capital of Culture Wrocław 2016, is the final event of the project.

The seminar is part of the project BodyConstitution: Intercultural Dialogue on Actor Training – a series of work sessions, academies and seminars with drama schools students from Poland and Norway, run under the programme Promotion of Diversity in Culture and Arts within European Cultural Heritage as part of the EEA FM 2009–2014.

The project is supported by a grant from Iceland, Liechtenstein and Norway, from the EEA Grants, and co-financed from Polish funds.



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TSURUGO MIYAMOTO SHIMAN'S VISIT TO WROCLAW  
IS SUPPORTED BY BIRANKAI POLSKA



MEDIA PATRONAGE



Instytut im. Jerzego Grotowskiego

● Laboratory Theatre Space, Przejście Żelaznicze

■ Cinema Room, Przejście Żelaznicze

■ Na Grobli Studio, ul. Na Grobli 30/32

▲ Brzezinka, forest base of the Grotowski Institute

▼ CaféTHEA, Przejście Żelaznicze

Rynek-Ratusz 27, 50-101 Wrocław, tel./fax +48 71 34 34 267,  
program@grotowski-institute.art.pl



Practical seminar

Body↗CONSTITUTION

April 2016

